



## Preconception Interconception Care

Integration into  
Family Planning Services

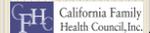
The California Family Health Council Inc. (CFHC)



## Preconception & Interconception Care Integration into Family Planning Services

### Objectives

- Inform providers on the California Family Health Council Inc. (CFHC)/March of Dimes Preconception Integration Project
- Discuss challenges and plans for furthering integration of preconception care in family planning clinics
- List two ways that administrators managed the integration of preconception health into their system of care



## California Family Health Council Inc.

### Largest Title X Grantee in the U.S.

- Distributes Title X funds to 74 California health care agencies/316 clinic sites
  - Represents 60% of Family PACT billable services
- Conducts agency evaluations, provides technical assistance, training, community outreach
- Performs advanced research in reproductive health care and contraception



## Preconception Interconception Care (PCC/ICC)

### Preconception Care Defined

A health care system that is responsive to and addresses the requirements of comprehensive women's health care regardless of pregnancy status (Wise, 2008)



## CFHC Assumptions

**Family planning clinics are an opportunistic place to integrate PCC/ICC**

- CFHC funded agencies serve over 1 million low income women throughout California
- High rates of poor birth outcomes and unintended pregnancy

**Interventions must be cost effective and time efficient**

- Provider Challenges/Constraints - Competing demands, increased client load/multiple medical problems, budget constraints

**Providers need training in PC/IC strategies**



## Readiness Assessment

Completed by 91 Title X family planning clinics in Los Angeles, San Francisco and Yolo counties

- All basic health care services in gynecologic, STI, and contraception were being offered.
- About half offered various immunizations
- Less than half offered genetic testing
- Majority of clinics did not ask specific questions about Accutane use, folic acid use, maternal phenylketonuria, and environmental exposures
- All asked if taking medications



## What was missing?

### Clinic PCC/ICC needs

- Majority did not have PCC/ICC protocol
- Majority did not have visual aids or other materials in the clinic
- Majority did not have trained staff
- Majority did not display PCC/ICC information at community events



## Recommendations from the Clinics

- Include PCC/ICC questions on history form as reminder to providers to give clients the information they might need.
- Offer clients PCC/ICC education materials. Need for such materials/bilingual/appropriate literacy level/men.
- Offer PCC/ICC educational materials during PT, annual/initial exam, and EC visits.



## Provider Response to Training

- Over 300 Providers trained in integration strategies.
- **Highlights of evaluations**
  - Believed PCC/ICC to be extremely important
  - Appreciated the “wake up” call
  - Additional training primarily in integration needed “how do you do this with significant time constraints?”
  - Need culturally and linguistically appropriate educational materials



## Providers and Participant Surveys

### Providers

- 10 clinicians, 1 health educator

### Participants

- Female
- Family planning visit
- Ages 13 – 45 (54% in 20s)
- Race: 73% Hispanic Latina, 12% white, 11% Asian,
- n = 555



## Findings from the Surveys

- Women were receptive to preconception messages within the context of family planning visits and interested in making health changes to improve pregnancy outcomes.
- Clinicians were supportive of integration.
- Family planning clinics have significant potential for delivery of PCC/ICC messages. Further development of PCC/ICC interventions for family planning clients is needed.



## Intention to Make Health Behavior Changes

### Key Findings

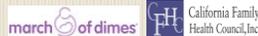
- 86% of respondents stated that they were interested in making at least one change
- 70% of respondents thought they would make changes within 3 months



## Desire for Change by Intent for Pregnancy

	Desire Change	No Change
Intend Pregnancy	88%	12%
No Intention for Pregnancy	76%	24%

$p < .0051$   
n = 502



## Desire for Change by Timeframe for Pregnancy

	Desire change	No Change
< 1 year	99%	1%
2-4 years	90%	10%
> 5 years	82%	18%

$p = .0004$   
n = 346



## Client Acceptance of Preconception Messages

- 97% "strongly agreed" or "agreed" that **information about how women can prepare for healthy pregnancies should be offered** to women during their family planning visits (n=527, mean 4.7)
- 94% "strongly agreed" or "agreed" that they were **interested in the information they received during their visit** about how they can have a healthy pregnancy (n=486, mean 4.5)



## Recommendations

- Develop PCC/ICC interventions that address intention and timeframe of pregnancy
- Develop or identify protocols and guidelines for family planning providers
- Provide training for family planning providers and clinic administrators
- Add screening questions including intention for pregnancy and timeframe in health history forms and EHR (Electronic Health Record) systems



## CFHC PCC/ICC Activities 2010

- Measure PCC/ICC readiness in 5 areas: knowledge, current practice, organizational readiness, outreach, and interest.
- RLP – [www.teensource.org](http://www.teensource.org)
- Agency on-site visits
  - Medical records audit, encourage expansion of history forms
  - Review of forms and protocols
  - Review of client education materials and in-reach efforts (posters, brochures, etc)



## Resources

- Many national and statewide resources available
  - [http://lapublichealth.org/mch/ReproductiveHealth/PreconceptionHealth/PCH\\_AboutUs.htm](http://lapublichealth.org/mch/ReproductiveHealth/PreconceptionHealth/PCH_AboutUs.htm)
  - [www.everywomanocalifornia.org](http://www.everywomanocalifornia.org)
  - [www.marchofdimes.com/california](http://www.marchofdimes.com/california)
  - [www.cfhc.org/Resources](http://www.cfhc.org/Resources)
  - [www.teensource.org](http://www.teensource.org) – Reproductive Life Plan
  - <http://www.familypact.org/en/Providers/policies-procedures-and-billing-instructions.aspx> for FPACT billing
  - [www.cdc.gov/ncbddd/preconception](http://www.cdc.gov/ncbddd/preconception)
  - [www.coloradoguidelines.org/guidelines/preconception.asp](http://www.coloradoguidelines.org/guidelines/preconception.asp)
  - [www.mombaby.org](http://www.mombaby.org)



Thank You

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